



RACE BULLETIN for BALTIC JUNIOR CUP RELAY

FK Göingarna welcomes you to the BALTIC JUNIOR CUP and the relay on October 21th, 2017.

Classes

The relay consists of six legs, where leg 1, 2 and 3, 4 are run in parallel. All legs are forked.

Leg	Class	Course length (km)	Time (min)	Start/Change-over	Number bib
1	M18	4,7 - 4,9	28	Start at 11:00	Black
2	W18	4,7 - 4,9	31	Start at 11:00	Black
3	W16	4,0 - 4,2	28	After leg 1	Green
4	M16	4,0 - 4,2	25	After leg 2	Green
5	W20	5,3 - 5,5	38	After leg 3 and 4	Blue
6	M20	6,1 - 6,3	36		Red

Change-over

Leg 1 (M18) change-over to leg 3 (W16).
Leg 2 (W18) change-over to leg 4 (M16).
Leg 5 (W20) can start when all runners on leg 1-4 have finished.
Leg 5 (W20) change-over to leg 6 (M20).

Punching system

SportIdent, SI-card number shall be specified in the entry. Each team is responsible for all their runners having SI-cards. You can rent SI-cards in the competition office at the arena.

Number bibs

The number bib is to be worn in clear view on the chest and must not be folded. The bib shall be attached with safety pins that are provided by the organizer.

Team line-up

Team line-up with names and SI-card numbers shall be submitted to the competition organizers no later than 18:00 on October 20th. Any later changes, e.g. due to illness, shall be handed over or sent by e-mail, kansli@fkg.nu, to the competition office at the arena no later than 10:00 on the day of competition.

Team envelopes

Team envelopes are picked up by each team at Jämshögs Folkhögskola on Friday, October 20th 15:00-18:00. The team envelope contains number bibs, race bulletin, form to change team line-up and start list.

Start

Start will take place at 11:00 adjacent to the arena, entry to the start lane 5 minutes before start. Runners are responsible for clearing and checking their SI-cards when they enter the starting area.



Radio and pre-warning

All legs have radio controls and also a pre-warning before change-over/finish.

Change-over

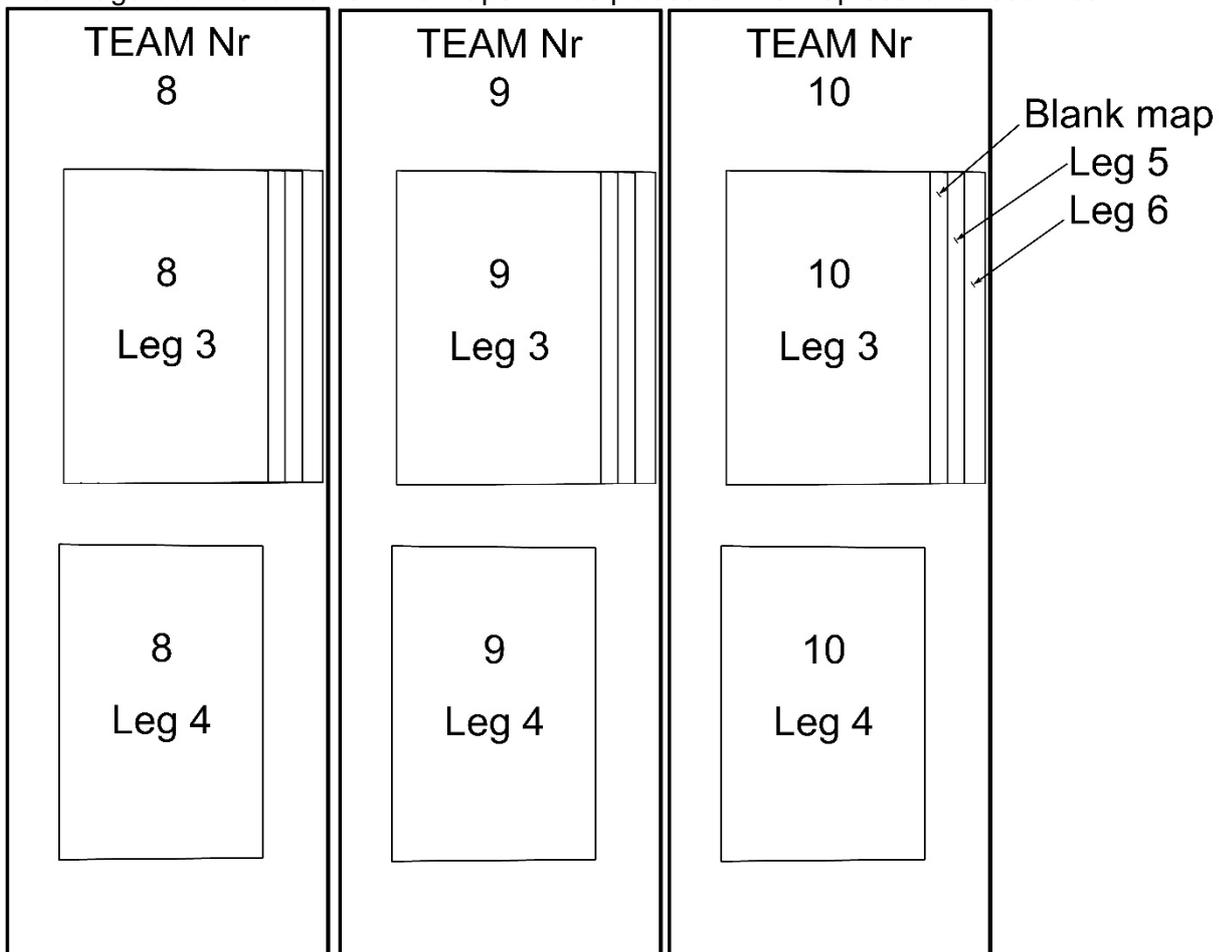
The incoming runner shall punch at the finish line. After punching, the runner hands over the map to an official and then continues to the map board. The change-over is done by handing over the map for next leg to the next team member. Make sure that you take and hand over the correct map!

Be particularly careful to take the correct map after leg 1 and 2, since each team will have two maps that are visible on the map board. Leg 1 takes the map for leg 3. Leg 2 takes the map for leg 4.

The first runner coming in after three legs takes the top map with the correct number. This map is a blank map. When the next runner in the team comes in, he/she takes the next map, which is the race map, to the runner on leg 5.

The runner on leg 5 must then leave the blank map to an official before she is allowed to start her race.

The image below shows how the maps will be placed on the map board for each team.





The outgoing runner follows a marked route to the starting point. A team that accidentally takes another team's map, will be disqualified. If a team's map is missing on the map board, they will get a new replacement map from the organizer.

Finish

The passing of the finish line determines the team's placement. The punch after the finish line registers the official time. Close finishes will be decided by a finish-line judge when necessary.

Mass restart

Mass restart takes place 20 minutes after the winning team has finished. Teams that did not finish or were disqualified may take part in the mass restart. Listen to instructions from the speaker.

Check-out

After change-over/race finish, all participants must go to check-out without delay for download of the SI-card information. Follow instructions.

Time limit

2.0 hours/leg

Observances of wild animals

Please report at the finish if you have seen any moose, roe deer, or wild boar. Please, also leave report on razed stone fences or other fencing!

Map distribution

The competition maps are given out team-wise at the competition office after the last team has started on the last leg. The speaker will make an announcement.

Map

Immeln NV, scale 1:10 000, contour interval 5 m. Produced 2017 by Br Kartrit and Yngve Ernstsson. Own certified colour-laser print.

Terrain description

Terrain type: Woodland, smaller roads and paths cross the area diagonally

Climb: Moderately hilly

Runnability: Mainly mixed coniferous and deciduous forest, with good runnability. However, there are some areas with limited runnability and rocky land.

Keep in mind that:

There are more than one last control and in some areas, controls are very close to each other. Carefully check the control code before punching.

Local symbols

(o) green circle = distinctive tree.

Control description

Printed on the map.

Service

- Hot shower indoors.
- A basic cafeteria and also lunch for runners and leaders.



Prizes

Prizes to the top six teams in the relay.

Lunch

Lunch is served 12:30 – 14:00 in the school-holiday house, see the arena plan.

Information

The competition director or by e-mail to kansli@fkg.nu

Competition director

Henrik Larsson
0708-22 17 11

Course planner

Håkan Larsson
0733-95 17 71

Meals

Kerstin Olvegård
0702-26 61 92

Competition office

Wiveka Ernstsson
073-08 23 300

Press contact

Håkan Axelsson
0727-349403

Competition jury

Piibe Tammemäe, Estonia (chairman)
Algimantas Dambrauskas, Lithuania
Atis Heinols, Latvia

WELCOME – FK GÖINGARNA